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**Health Risks of GMO's, Testimony supporting HB 13-1192**

1 message

Dr Mary Z&lt; drmaryz@msn.com&gt;

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To: "jeanne.labuda.house@state.co.us" &lt;jeanne.labuda.house@state.co.us&gt;

**My name is Mary Zesiewicz MD, I am a Licensed Colorado Physician, a Board Certified Adult, Adolescent and Child Psychiatrist of 26 years. In addition, I am a health reform activist, patient safety advocate and publish using the pen name Zennett. I am writing in support of HB 13-1192 and to express my very serious concerns about the health risks of GMO's to the people of Colorado.**

**In recent years, I have seen an alarming increase in chronic health conditions among our patients of all ages including children. Children, teenagers, twenty year olds who should be enjoying life, are crippled with multiple health problems- stomach distress, severe headaches, chronic fatigue, joint discomfort, to name a few, and an overall lack of zest for life. The health deterioration of 40-50 and 60 year olds is equally alarming. I am very familiar with the AAEM's moratorium on GMO foods, they are a highly credible group of knowledgeable and dedicated physicians who state:**

**"Several animal studies indicate serious health risks associated with genetically modified (GM) food," including infertility, immune problems, accelerated aging, faulty insulin regulation, and changes in major organs and the gastrointestinal system. The AAEM has asked physicians to advise all patients to avoid GM foods."**

**Medications alone will not solve this epidemic we are facing. The health risks of GMO's warrant the immediate attention of the health care community and the public. The profit driven motives to prohibit GMO labeling are reprehensible and represent an egregious indictment of the current health care system.**

**The following represents a summary of health risks from the consumption of Genetically Modified Foods:**

**From "Doctors Warn: Avoid Genetically Modified Food"**

**By Jeffrey Smith/Institute for Responsible Technology**

**On May 19, 2009, the American Association of Environmental Medicine called for a moratorium on GMO foods.**

**World renowned biologist Dr PM Bhargava reviewed over 600 scientific journals and concluded that GMO's are a 'major contributor to the sharply declining health of Americans'**

**Biologist David Schubert of the Salk Institute warns, "children are the most likely to be adversely effected by toxins and other dietary problems" related to GM foods. He says without adequate studies, the children become "the experimental animals."**

## **Genetically Modified Foods: Toxins and Reproductive Failures**

**By Jeffrey M. Smith/Institute for Responsible Technology**

Indeed there are few safety studies on the health risks of GMO's and the few studies conducted show alarming results:

Toxic reactions in the GI tract, including life threatening hemorrhage, particularly in elderly who use aspirin to prevent blood clots.

Significant organ damage and high death rates. Organ damage occurs in the kidney, liver and pancreas. In addition, reproductive failure and infant mortality.

Farmers report livestock sterility and death.

## **Genetically Engineered Foods May Cause Rising Food Allergies—Genetically Engineered Soybeans**

**Institute for Responsible Technology**

"The huge jump in childhood food allergies in the US is in the news often, but most reports fail to consider a link to a recent radical change in America's diet. Beginning in 1996, bacteria, virus and other genes have been artificially inserted to the DNA of soy, corn, cottonseed and canola plants. These unlabeled genetically modified (GM) foods carry a risk of triggering life-threatening allergic reactions, and evidence collected over the past decade now suggests that they are contributing to higher allergy rates... The only definitive test for allergies," according to former FDA microbiologist Louis Pribyl, "is human consumption by affected peoples, which can have ethical considerations." And it is the ethical considerations of feeding unlabeled, high-risk GM crops to unknowing consumers that has many people up in arms...."

## **Genetically modified foods...**

**Are they safe? Institute of Responsible Technology**

The American Academy of Environmental Medicine (AAEM) doesn't think so. The Academy reported that "Several animal studies indicate serious health risks associated with GM food," including infertility, immune problems, accelerated aging, faulty insulin regulation, and changes in major organs and the gastrointestinal system. The AAEM asked physicians to advise patients to avoid GM foods.

Before the FDA decided to allow GMOs into food without labeling, FDA scientists had repeatedly warned that GM foods can create unpredictable, hard-to-detect side effects, including allergies, toxins, new diseases, and nutritional problems. They urged long-term safety studies, but were ignored.

Since then, findings include:

Thousands of sheep, buffalo, and goats in India died after grazing on Bt cotton plants

Mice eating GM corn for the long term had fewer, and smaller, babies

More than half the babies of mother rats fed GM soy died within three weeks, and were smaller

Testicle cells of mice and rats on a GM soy change significantly

By the third generation, most GM soy-fed hamsters lost the ability to have babies

Rodents fed GM corn and soy showed immune system responses and signs of toxicity

Cooked GM soy contains as much as 7-times the amount of a known soy allergen

Soy allergies skyrocketed by 50% in the UK, soon after GM soy was introduced

The stomach lining of rats fed GM potatoes showed excessive cell growth, a condition that may lead to cancer.

Studies showed organ lesions, altered liver and pancreas cells, changed enzyme levels, etc.

Unlike safety evaluations for drugs, there are no human clinical trials of GM foods. The only published human feeding experiment revealed that the genetic material inserted into GM soy transfers into bacteria living inside our intestines and continues to function. This means that long after we stop eating GM foods, we may still have their GM proteins produced continuously inside us. This could mean:

If the antibiotic gene inserted into most GM crops were to transfer, it could create super diseases, resistant to antibiotics

If the gene that creates Bt-toxin in GM corn were to transfer, it might turn our intestinal bacteria into living pesticide factories.

Although no studies have evaluated if antibiotic or Bt-toxin genes transfer, that is one of the key problems. The safety assessments are too superficial to even identify most of the potential dangers from GMOs. See our Health Risks brochure and State of the Science report for more details and citations.

Recent health studies provide growing evidence of harm from GMOs:

GM Corn Damages Liver and Kidneys

Meat Raised on GM Feed is Different

Roundup Could Cause Birth Defects

Genetically Modified Soy Linked to Sterility

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Respectfully submitted,  
Mary F Zesiewicz, MD  
aka Dr Mary Zennett